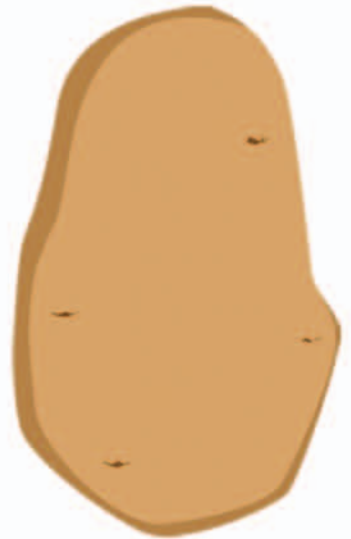


Potatoes

Psst!

Did you know
potatoes have eyes?
Draw the other parts
of the face to make
these potatoes into
backyard buddies!

Draw one of these
faces or create
your own!



* Activity recommended for children ages 2-5

Cheesy Corn Potatoes

Preparation Time: 10 Minutes

Serves: 2 $\frac{1}{2}$ Cup of Vegetables per Serving

- 1 medium potato
- $\frac{1}{3}$ cup frozen sweet corn
- 3 tablespoons ($\frac{3}{4}$ oz.) reduced-fat Monterey Jack cheese, shredded
- $\frac{1}{4}$ teaspoon salt-free seasoning blend

Instructions: Poke holes in the potato with a fork. Microwave for 2 minutes on high. (Note: Microwaves vary greatly. Cook potato until you are able to stick a fork in the potato and remove it easily; fork tender). Let cool. Remove skin and mash with fork. Mix with corn to blend. Divide and transfer mixture to microwaveable plates. Top with cheese. Microwave on high for 30 seconds or until cheese is melted. Top with seasoning blend.

Nutrition Information per Serving:

calories: 140, total fat: 2.6g, saturated fat: 1.4g, % calories from fat: 17%, % calories from saturated fat: 9%, protein: 6g, carbohydrates: 25g, cholesterol: 8mg, dietary fiber: 3g, sodium: 99mg

A great recipe for parents and children to make together.

Recipe courtesy of Produce for Better Health Foundation (PBH) and Shoney's Inc.

This recipe meets PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Parent Tips

- Add veggies to a baked potato and top with delicious salsa.
- Help your kids make their own potato chips or fries by slicing a potato, spraying with a non-stick cooking oil spray and baking.
- Use low-fat, plain yogurt in place of sour cream on potatoes.
- Store potatoes in the dark, and trim or remove any green spots before preparation.
- For picky eaters, leave out the herbs and spices when preparing.

